

FULLY Breastfeeding

When you choose to **FULLY** breastfeed, you **GET FOOD FOR ONE YEAR**. You get the **MOST MILK, CHEESE, EGGS, and FISH**, along with the other foods in the package. At 6 months your baby will get the **MOST** baby food.

MOM — Up to 1 Year



Baby — 6 months up to 1 year



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When you choose to **FULLY** breastfeed, you **GET FOOD FOR ONE YEAR**. You get the **MOST MILK, CHEESE, EGGS, and FISH**, along with the other foods in the package. At 6 months your baby will get the **MOST** baby food.

MOM — Up to 1 Year

Food, breastfeeding support and nutrition education for up to 1 year.

Example of foods you get:

\$10.00 FRUITS and VEGETABLES

16 oz. loaf WHOLE GRAIN BREAD

5 gallons, plus **1 quart** of MILK

36 oz. of CEREAL

2 pounds of CHEESE

2 dozen EGGS

144 oz. JUICE

16-18 oz. of PEANUT BUTTER **and**

1 pound of DRY BEANS

30 oz. CANNED FISH

Baby — 6 months up to 1 year

When you choose to fully breastfeed, you get the most baby food.

64 4 oz. jars BABY FRUITS and VEGETABLES
(twice as many as any other package)

31 jars BABY MEATS

3 boxes BABY CEREAL

MOSTLY Breastfeeding

When you choose to **MOSTLY** breastfeed, you will **GET FOOD FOR ONE YEAR**. Your food package has **LESS MILK, CHEESE, EGGS** and **FISH (NONE)** than the Fully breastfeeding package. At 6 months, your baby will get **LESS** baby food than a fully breastfed baby.

MOM — Up to 1 Year



Baby — 6 months up to 1 year



MOSTLY Breastfeeding

When you choose to **MOSTLY** breastfeed, you will **GET FOOD FOR ONE YEAR**. Your food package has **LESS MILK, CHEESE, EGGS** and **FISH (NONE)** than the Fully Breastfeeding package. At 6 months, your baby will get **LESS** baby food than a fully breastfeed baby.

MOM — Up to 1 Year

Food, breastfeeding support and nutrition education for up to 1 year.

Example of foods you get:

\$10.00 FRUITS and VEGETABLES

4 gallons, plus **1/2** gallon, plus
1 quart of MILK

16 oz. loaf WHOLE WHEAT BREAD **or**
16 oz. WHOLE GRAINS

36 oz. of CEREAL

1 pound of CHEESE

1 dozen EGGS

144 oz. JUICE

16-18 oz. of PEANUT BUTTER **and**
1 pound of DRY BEANS

NO CANNED FISH

Baby — 6 months up to 1 year

When you choose to give formula, you get LESS baby food.

32 4 oz. jars BABY FRUITS and VEGETABLES

3 boxes BABY CEREAL

NO BABY MEATS

SOME/NO Breastfeeding

When you choose **NOT** to breastfeed or to breastfeed **JUST A LITTLE**, you **ONLY GET FOOD AND NUTRITION EDUCATION FOR 6 MONTHS**. You get **LESS MILK, CHEESE, EGGS, JUICE, PEANUT BUTTER/BEANS, FISH (NONE), and WHOLE GRAINS (NONE)**. After 6 months you get **NO** food.

MOM — Up to 6 months



MOM — 7 to 12 months



Baby — 6 months up to 1 year



SOME/NO Breastfeeding

When you choose **NOT** to breastfeed or to breastfeed just a little, you **ONLY GET FOOD AND NUTRITION EDUCATION FOR 6 MONTHS**. You get **LESS MILK, CHEESE, EGGS, JUICE, PEANUT BUTTER/BEANS, FISH (NONE), and WHOLE GRAINS (NONE)**. After 6 months you get **NO** food.

MOM — 0 to 6 months

Food and nutrition education for up to 6 months.

Example of foods you get:

\$10.00 FRUITS and VEGETABLES

3 gallons, plus **1** quart of MILK

36 oz. of CEREAL

1 pound of CHEESE

1 dozen EGGS

96 oz. JUICE

16-18 oz. of PEANUT BUTTER **or**
1 pound of DRY BEANS

NO CANNED FISH

NO WHOLE GRAINS

Baby — At 6 months

When you choose to give formula, you get LESS baby food.

32 4 oz. jars BABY FRUITS and VEGETABLES

3 boxes BABY CEREAL

NO BABY MEATS

MOM — 7 to 12 months

No food.